

# Rajiv Gandhi University of Health Sciences

**First M.D. (Unani) Degree Examination - OCT-2019**

**[Time: 3Hours]**

**[Max. marks: 100]**

## **ILAJ BIT TADBEER**

**ILAJ BIT TADBEER-I (ILAJ BIT TADBEER UMOOMI) - PAPER III**

**Q.P. CODE : 6010**

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary.

### **LONG ESSAY**

**2 X 20 = 40 Marks**

1. Give detailed description of Mutawazin Ghiza (balanced diet), also write diabetic diet.
2. Write down Aqsam-e-Fusool (Seasons), specific diseases associated with seasons and general Tadabeer to prevent it.

### **SHORT ESSAY**

**6 X 10 = 60 Marks**

3. Describe why water is part of Asbade Zarooriyah, with characteristics of Maa -e-Mahmood.
4. Describe the Aqsam-e-Ilaj in Tibb-e-Unani and give the rationale for selecting the best one.
5. Give detailed description of effects of Riyazat (exercise) on various systems of the body.
6. Explain Harkat-e-Nafsani and its significance as Sabab-e-Zaroori
7. What are the importance of Ihtibas wo Istifragh? Write down necessary investigations for Damawi Istifragh.
8. Write down a short note on Tadabeer-e-Asnan (Regimens for different age groups).

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